

HOW TO PREPARE PURE FOOD

Women Readers of The Bee to Be Given Benefit of a New Department.

SUGGESTIONS FOR THE TABLE AND KITCHEN

Articles Prepared by an Authority on Culinary Affairs—Menus for Each Day in Week for People of Ordinary Income.

It is with great pleasure that The Bee announces the addition of a new department which will appear regularly hereafter on Sundays and Wednesdays.

SOUP STOCK.

"A Savor that May Strike the Dullest Nerve." The stock pot should be a fixed institution in every family.

Meaning of Stock. Many housekeepers are puzzled as to the meaning of the term when applied to soup-making.

Variety of Soups.

All varieties come under the head of broth, bouillon, stock or consommé and are prepared in various ways.

Chicken or beef has been boiled without cutting up, and a small amount of meat and amount of nourishment, as little of the meat juices are extracted.

These form a group of themselves. They are usually made from vegetables, which are boiled slowly until tender and then rubbed through a fine sieve made for the purpose.

Making the Stock.

This is not at all difficult and more quickly mastered than the timid housekeeper imagines, requiring only ordinary care to have a supply of clear soup stock.

Vegetables.

Scrape and slice two small carrots, pare and slice one turnip, stick twelve whole cloves in two small onion and add these to the stock with two small bay leaves.

Clear White Stock.

The beef stocks are rich brown in color; when veal or fowls are added they are more delicate in color and flavor.

clear without any thickening materials. The different consommés are named from the nature of the materials added to the soup.

Colors and Seasonings.

Long cooking imparts a rich color; burnt sugar or caramel gives rich brown; but must be used sparingly, as it will sweeten; grated carrots give amber color.

MONDAY.

BREAKFAST.

White Corn Mush. Cream. Broiled Ham. Sautéed Eggs. Rolls. Coffee.

LUNCH.

Vegetable Chowder. Thin Slices Cold Mutton. Green Peppers Stuffed with Rice and Tomatoes.

DINNER.

Mutton Broth with Barley. Beefsteak with Tomatoes. Riced Potatoes. Creamed Carrots. Baked Squash. Puff Pudding. Coffee.

TUESDAY.

BREAKFAST.

Cereal. Cream. Fruit. Dried Smoked Beef in Cream. Stuffed Potatoes. Baking Powder Biscuit. Coffee.

LUNCH.

Fried Oysters. Cabbage and Celery Mayonnaise. Fruit. Pin Cake. Cocoa.

DINNER.

Chicken Broth with Vermicelli. Boiled Fowl. Egg Sauce. Boiled Rice. Stewed Onions. Steamed Sweet Potatoes. Vegetable Salad. Chocolate Pudding. Coffee.

WEDNESDAY.

BREAKFAST.

Cereal. Stewed Eggs. Cream. Finnish Huckle in Cream. Hashed Brown Potatoes. Corn Bread. Coffee.

LUNCH.

Veal Curry. Steamed Rice. Apple Rolly-Polly. Cereal Coffee.

DINNER.

Cabbage Soup. Smothered Beef. Mashed Potatoes. Stewed Turnips. Buttered Beets. Lettuce Salad. Fairy Pudding. Coffee. Receipts.

Below will be found a few recipes of dishes appearing in the foregoing menus. The recipe of any dish not given and requested will be published in these columns as space will permit under a heading of "Answers to Inquiries."

Hudyan Did Cost \$100.00. You Can Now Get Hudyan for 50 Cents, Each Package Guaranteed.

THE GREAT HUDYAN FOR SALE BY ALL DRUGGISTS. Illustration of a man and a woman in a garden setting.

For many years Hudyan was put up as a treatment by the great Hudyan doctors. Hudyan did cost \$100.00 per treatment. Men and women can now buy Hudyan in packages for 50c per package and each and every package is guaranteed.

Hudyan acts differently on different people. No two cases are alike—no two cases tell the same time or tale of cure. Hudyan acts differently on different people.

Would Seem Too Remarkable. Were all the testimonials endorsing Hudyan printed the cures would seem too remarkable—to miraculous.

Men and women in Mexico, in Central America, in France, in Germany and in the western states tell peculiar tales about Hudyan. Hudyan cures Pains in the Back, Pains in the Side, Pains in Shoulders, Pains up and down Shoulders, Running Shoulder Pains, Hudyan cures Pains in Loins, Pains in Kidneys, Pains over Liver. Hudyan cures pains in the Joints, Pains in the Face, Pains in Head, Pains in, above and over eyes. Hudyan cures men and women who are pale, emaciated, weak. Try a package of Hudyan—just one package. You will feel so much better you will be surprised.

Hudyan, for Men and Women, 50 Cents

Druggists—Kuhn & Co., Sherman & McConnell Drug Co., Myers-Dillon Drug Co., J. A. Fuller & Co., Chas. H. Schaefer, J. H. Schmidt, Omaha; Camp Bros., Council Bluffs; Dillon Drug Co., South Omaha—all sell and recommend Hudyan.

PURE FOOD. NONE BUT THOROUGHLY RELIABLE, PURE AND HEALTHFUL FOODS WILL BE ACCEPTED FOR THESE COLUMNS.

The Girl with the Frying Pan. Wesson's Odorless Cooking Oil. IS THE ENGINEER OF OUR FATE. If she uses lard we are liable to be affected by the ailments to which the animals whose fat is taken are subject.

PURE PROVISION PLACE. The good Cook, and the good Housewife are all right in the way. But you don't for a moment suppose that they can turn "bargain meats" into rich, juicy, strengthening meats, do you?

R. E. Welch. 24th and Farnam Sts. Water Is Poison. Gettleman's \$1,000 Beer. A. J. Short, Manager Omaha Branch.

Gladstone Bros. Co., 1308-10 DOUGLAS STREET. IMPORTERS OF Fine Wines and Liquors.

Serving Soups. No matter how perfect the soup may be it must be served either very hot or very cold; as a lukewarm soup is insipid and unpalatable.

BREWMASTER UNDER ARREST. Revenue Officials Charge John Heink with Using Old Stamps on New Beer. John K. Heink, ex-brewmaster for the Nebraska Brewing company, is under arrest on a charge of defrauding the United States, the specific charge being "having in his possession cancelled stamps with the intention of using them upon vessels containing beer."

Have You Any Gov't Bonds? UNITED STATES GOVERNMENT BONDS. Outstanding on January 1, 1906.

See what the Equitable will sell you in exchange—Gold Debentures Yielding 5% Interest. Principal and Interest Payable in Gold.

STRONG AGAIN! Sexine Oils. WHEN IN DOUBT, TRY STRONG AGAIN! Sexine Oils. Vigor to the whole being. All drains and losses are checked immediately.

Stricture. Permanent cure guaranteed in Every Case. SAMOSET. HAIR AND SCALP. Failing hair and dandruff specially overcome.

LADIES' PILLS. A safe and powerful remedy for functional troubles, delay, pain, and irregularity.

NO CURE, NO PAY. If you have small, weak, graying, thinning or falling hair, you will restore your hair without drugs or electricity.